



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01225, Dulce de Leche

Report Date: July 11, 2017 15:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	28.71	4	1.068	25.55	30.25	3.0	25.309	32.106	1	Analytical or derived from analytical	--	05/2009
Energy	kcal	315	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Energy	kJ	1318	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Protein <sup>1</sup>	g	6.84	4	0.379	6.12	7.91	3.0	5.636	8.048	1	Analytical or derived from analytical	--	05/2009
Total lipid (fat) <sup>1</sup>	g	7.35	4	0.278	6.73	7.98	3.0	6.468	8.237	1	Analytical or derived from analytical	--	05/2009
Ash <sup>1</sup>	g	1.74	4	0.127	1.56	2.12	3.0	1.341	2.149	1	Analytical or derived from analytical	--	05/2009
Carbohydrate, by difference	g	55.35	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Sugars, total <sup>1</sup>	g	49.74	4	0.360	49	50.5	3.0	48.596	50.889	1	Analytical or derived from analytical	--	05/2009
Sucrose <sup>1</sup>	g	41.77	4	0.471	40.87	42.89	3.0	40.275	43.275	1	Analytical or derived from analytical	--	05/2009

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Glucose (dextrose) <sup>1</sup>	g	1.70	4	0.303	1.13	2.31	3.0	0.735	2.665	1	Analytical or derived from analytical	--	05/2009
Fructose <sup>1</sup>	g	0.32	4	0.037	0.24	0.42	3.0	0.203	0.442	1	Analytical or derived from analytical	--	05/2009
Lactose <sup>1</sup>	g	4.92	4	0.829	3.41	6.89	3.0	2.279	7.556	1	Analytical or derived from analytical	--	05/2009
Maltose <sup>1</sup>	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2009
Galactose <sup>1</sup>	g	1.03	4	0.155	0.73	1.31	3.0	0.534	1.521	1	Analytical or derived from analytical	--	05/2009
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	251	4	15.911	230	298	3.0	200.363	301.637	1	Analytical or derived from analytical	--	05/2009
Iron, Fe <sup>1</sup>	mg	0.17	4	0.015	0.14	0.21	3.0	0.126	0.223	1	Analytical or derived from analytical	--	05/2009
Magnesium, Mg <sup>1</sup>	mg	22	4	1.163	20	25	3.0	17.874	25.276	1	Analytical or derived from analytical	--	05/2009
Phosphorus, P <sup>1</sup>	mg	193	4	12.230	178	229	3.0	153.83	231.67	1	Analytical or derived from analytical	--	05/2009
Potassium, K <sup>1</sup>	mg	350	4	27.959	307	432	3.0	260.771	438.729	1	Analytical or derived from analytical	--	05/2009

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Sodium, Na <sup>1</sup>	mg	129	4	11.877	113	164	3.0	91.452	167.048	1	Analytical or derived from analytical	--	05/2009
Zinc, Zn <sup>1</sup>	mg	0.79	4	0.037	0.73	0.89	3.0	0.674	0.907	1	Analytical or derived from analytical	--	05/2009
Copper, Cu <sup>1</sup>	mg	0.004	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2009
Manganese, Mn <sup>1</sup>	mg	0.002	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2009
Selenium, Se <sup>1</sup>	µg	2.7	4	0.525	2.2	4.3	3.0	1.054	4.396	1	Analytical or derived from analytical	--	05/2009
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	2.6	--	--	--	--	--	--	--	1	Calculated or imputed	01095	03/2011
Thiamin <sup>1</sup>	mg	0.016	4	0.001	0.01	0.02	3.0	0.012	0.02	1	Analytical or derived from analytical	--	05/2009
Riboflavin <sup>1</sup>	mg	0.405	4	0.017	0.38	0.45	3.0	0.352	0.458	1	Analytical or derived from analytical	--	05/2009
Niacin <sup>1</sup>	mg	0.210	4	0.010	0.2	0.24	3.0	0.178	0.242	1	Analytical or derived from analytical	--	05/2009
Pantothenic acid <sup>1</sup>	mg	0.835	2	--	0.83	0.84	1.0	--	--	1	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <sup>1</sup>	mg	0.016	4	0.001	0.01	0.02	3.0	0.012	0.02	1	Analytical or derived from analytical	--	05/2009
Folate, total	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Folate, food	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Folate, DFE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Choline, total	mg	89.1	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Vitamin B-12 <sup>1</sup>	µg	0.31	4	0.055	0.18	0.43	3.0	0.137	0.488	1	Analytical or derived from analytical	--	05/2009
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Vitamin A, RAE	µg	74	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Retinol	µg	73	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Carotene, beta	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Vitamin A, IU	IU	267	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Tocopherol, beta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Tocopherol, gamma <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Vitamin D (D2 + D3)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Vitamin D3 (cholecalciferol)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Vitamin D	IU	6	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Vitamin K (phylloquinone) <sup>1</sup>	µg	1.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	4.534	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
4:0 <sup>1</sup>	g	0.176	4	0.003	0.17	0.18	3.0	0.167	0.186	1	Analytical or derived from analytical	--	05/2009
6:0 <sup>1</sup>	g	0.135	4	0.004	0.13	0.15	3.0	0.122	0.147	1	Analytical or derived from analytical	--	05/2009
8:0 <sup>1</sup>	g	0.082	4	0.004	0.08	0.09	3.0	0.07	0.095	1	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 <a href="#">1</a>	g	0.207	4	0.011	0.19	0.24	3.0	0.171	0.243	1	Analytical or derived from analytical	--	05/2009
12:0 <a href="#">1</a>	g	0.211	4	0.013	0.19	0.25	3.0	0.169	0.254	1	Analytical or derived from analytical	--	05/2009
14:0 <a href="#">1</a>	g	0.750	4	0.023	0.71	0.81	3.0	0.678	0.822	1	Analytical or derived from analytical	--	05/2009
15:0 <a href="#">1</a>	g	0.084	4	0.002	0.08	0.09	3.0	0.077	0.09	1	Analytical or derived from analytical	--	05/2009
16:0 <a href="#">1</a>	g	2.007	4	0.041	1.92	2.12	3.0	1.875	2.139	1	Analytical or derived from analytical	--	05/2009
17:0 <a href="#">1</a>	g	0.052	4	0.000	0.05	0.05	3.0	0.051	0.053	1	Analytical or derived from analytical	--	05/2009
18:0 <a href="#">1</a>	g	0.805	4	0.007	0.79	0.82	3.0	0.782	0.828	1	Analytical or derived from analytical	--	05/2009
20:0 <a href="#">1</a>	g	0.013	4	0.001	0.01	0.01	3.0	0.01	0.016	1	Analytical or derived from analytical	--	05/2009
22:0 <a href="#">1</a>	g	0.005	4	0.001	0.01	0.01	3.0	0.004	0.007	1	Analytical or derived from analytical	--	05/2009
24:0 <a href="#">1</a>	g	0.004	4	0.000	0	0	3.0	0.003	0.005	1	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	2.143	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
14:1 <sup>1</sup>	g	0.068	4	0.003	0.06	0.08	3.0	0.057	0.079	1	Analytical or derived from analytical	--	05/2009
15:1 <sup>1</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2009
16:1 undifferentiated <sup>1</sup>	g	0.163	4	0.003	0.16	0.17	3.0	0.153	0.173	1	Analytical or derived from analytical	--	05/2009
16:1 c <sup>1</sup>	g	0.126	4	0.003	0.12	0.14	3.0	0.116	0.137	1	Analytical or derived from analytical	--	05/2009
16:1 t <sup>1</sup>	g	0.036	4	0.001	0.04	0.04	3.0	0.034	0.038	1	Analytical or derived from analytical	--	05/2009
17:1 <sup>1</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2009
18:1 undifferentiated <sup>1</sup>	g	1.895	4	0.039	1.82	1.97	3.0	1.771	2.019	1	Analytical or derived from analytical	--	05/2009
18:1 c <sup>1</sup>	g	1.640	4	0.023	1.58	1.68	3.0	1.566	1.713	1	Analytical or derived from analytical	--	05/2009
18:1 t <sup>1</sup>	g	0.255	4	0.020	0.2	0.29	3.0	0.193	0.318	1	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 <sup>1</sup>	g	0.017	4	0.001	0.01	0.02	3.0	0.013	0.021	1	Analytical or derived from analytical	--	05/2009
22:1 undifferentiated <sup>1</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2009
22:1 c <sup>1</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2009
22:1 t <sup>1</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2009
24:1 c <sup>1</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2009
Fatty acids, total polyunsaturated	g	0.375	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
18:2 undifferentiated <sup>1</sup>	g	0.288	4	0.015	0.26	0.32	3.0	0.239	0.337	1	Analytical or derived from analytical	--	05/2009
18:2 n-6 c,c <sup>1</sup>	g	0.131	4	0.004	0.12	0.14	3.0	0.119	0.143	1	Analytical or derived from analytical	--	05/2009
18:2 CLAs <sup>1</sup>	g	0.084	4	0.008	0.07	0.1	3.0	0.059	0.109	1	Analytical or derived from analytical	--	05/2009
18:2 t not further defined <sup>1</sup>	g	0.073	4	0.005	0.06	0.09	3.0	0.057	0.088	1	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated <sup>1</sup>	g	0.052	4	0.002	0.05	0.06	3.0	0.047	0.057	1	Analytical or derived from analytical	--	05/2009
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.050	4	0.002	0.05	0.05	3.0	0.043	0.056	1	Analytical or derived from analytical	--	05/2009
18:3 n-6 c,c,c <sup>1</sup>	g	0.002	4	0.000	0	0	3.0	--	0.003	1	Analytical or derived from analytical	--	05/2009
18:4 <sup>1</sup>	g	0.003	4	0.000	0	0	3.0	0.002	0.004	1	Analytical or derived from analytical	--	05/2009
20:2 n-6 c,c <sup>1</sup>	g	0.001	4	0.001	0	0	3.0	-0.001	0.002	1	Analytical or derived from analytical	--	05/2009
20:3 undifferentiated <sup>1</sup>	g	0.006	4	0.001	0.01	0.01	3.0	0.004	0.008	1	Analytical or derived from analytical	--	05/2009
20:3 n-6 <sup>1</sup>	g	0.005	4	0.000	0.01	0.01	3.0	0.004	0.006	1	Analytical or derived from analytical	--	05/2009
20:4 undifferentiated <sup>1</sup>	g	0.009	4	0.001	0.01	0.01	3.0	0.007	0.011	1	Analytical or derived from analytical	--	05/2009
20:5 n-3 (EPA) <sup>1</sup>	g	0.004	4	0.000	0	0.01	3.0	0.004	0.005	1	Analytical or derived from analytical	--	05/2009
22:4 <sup>1</sup>	g	0.002	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA) <sup>1</sup>	g	0.009	4	0.000	0.01	0.01	3.0	0.007	0.01	1	Analytical or derived from analytical	--	05/2009
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2009
Fatty acids, total trans	g	0.364	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Fatty acids, total trans-monoenoic	g	0.292	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Cholesterol <sup>1</sup>	mg	29	4	0.417	28	30	3.0	28.022	30.678	1	Analytical or derived from analytical	--	05/2009
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01095	03/2011

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12b, 2008 Beltsville MD